



Reader feedback

"I don't know how to rate myself yet," said Meghan Keen, 8, about whether she's been naughty or nice this year. See page 2 for more feedback.



Reaching out

Newcomers welcomed to Wiesbaden in Student-2-Student program. See page 12.



Vienna

Spend Christmas in the Austrian capital. See page 16.

Herald Union



Vol. XV, No. 5

Wiesbaden: Your home in Germany

Dec. 6, 2012

From the foxhole

Forum gives junior enlisted Soldiers voice in the community

By Karl Weisel
U.S. Army Garrison
Wiesbaden Public Affairs
Office

The concerns of junior enlisted Soldiers were the focus of attention Nov. 28 at the Tony Bass Fitness Center.

Sgt. Maj. Keith Craig of the Army and Air Force Exchange Service-Europe and Command Sgt. Maj. Sa'eed Mustafa, U.S. Army Garrison Wiesbaden, invited Wiesbaden-area E-4s and below to ask questions of representatives of the Exchange, Defense Commissary Agency, USO, Housing, Education Center, the garrison's Transformation and Stationing Management Office and the Directorate of Family, Morale Welfare and Recreation.

"This is a platform for us to convey information to E-4s and below," said Mustafa, praising his Exchange counterpart for approaching

him earlier this year with the idea of reaching out to junior enlisted Soldiers who might sometimes feel neglected in the information loop. "It's really just a platform for us to talk to Soldiers — a senior NCO initiative.

"We chose foxhole as an analogy for basic Soldiering," said Mustafa, explaining the title, Exchange Foxhole Event — "the connection from an old Soldier to a younger Soldier."

"This is in line with us trying to close some of the gaps with the Soldiers and the Exchange," said Craig. "We want to show them that we're here for them."

Both of the senior NCOs said that while typically information is shared with senior leaders and then is expected to flow down through the NCO support channel and chain of command,

See Foxhole on page 7



Photo by Karl Weisel

Command Sgt. Maj. Sa'eed Mustafa shares information with junior enlisted Soldiers during the foxhole event.



Photo by Karl Weisel

Lighting the season

Wiesbaden community members joined together to officially launch the holiday season Nov. 30 during a special tree lighting at the Wiesbaden Fitness Center.

Young and old had a chance to enjoy carols and live music by a host of German and American school bands and choirs, the U.S. Army Europe Combo and USAREUR Brass Quintet.

Youngsters also had the chance to meet the jolly old elf and his faithful elves.

For more photos and coverage of the community tree lighting see pages 18 and 19.

Wiesbaden shines at holiday hoops tourney ... See page 15

Feedback: Have you been naughty or nice this year?



Zachary Martin
Hainerberg Elementary
School fourth-grader

"I would say nice. I have been reading to my sister and I've been avoiding the person who has been being mean to me. I've also been helping out my mom and dad."



Malik Tolbert
Hainerberg Elementary
School second-grader

"I've been naughty and nice. I've been naughty by yelling back to my brother and sister, but I've also been nice by helping my family set up the Christmas tree and cleaning my room."



Jaelyn Young
Hainerberg Elementary
School first-grader

"I've just been a little bit naughty. I've been nice by cleaning and doing my chores that I'm supposed to do."



Camai Woods
Hainerberg Elementary
School fifth-grader

"I've been nice this year. I help out the little ones and I help my mom out. ... I do well at school and I work really hard. My brother and sister are 4 and 5, so I help them out too."



Clayton Holley
Hainerberg Elementary
School second-grader

"I've been nice. I've stood up for kids more than three times. I'm doing really well at math, and at home I sometimes practice math."

Ask the commander:

Editor's note: Have something you'd like to share with the commander — questions, comments or suggestions about quality-of-life issues? Please visit the garrison's Facebook, Twitter or Interactive Customer Evaluation pages (easy access via the garrison's homepage at www.wiesbaden.army.mil), send an email to the Public Affairs Office (army.wiesbadenpao@mail.mil) or a letter to the editor (see address below).



Col. David Carstens,
U.S. Army Garrison Wiesbaden
commander

on Clay Kaserne, which opened in August 2005, is a state-of-the-art facility offering a wide range of sports and fitness opportunities. We have only one fitness center in the community, but it's large and diverse enough to handle the demand. For a listing of the hours and classes please visit <http://wiesbaden.armymwr.com/index.php/europe/wiesbaden/programs/clay-kaserne-fitness-center>.

areas to locate a dog park on. Consider it?

Response: Kimberly, that's the first question we've had on that issue. While there are currently no plans for a dog park in Newman Village, we will look at the issue to see if there is indeed a demand and look at possible courses of action.

Outstanding service

Stephen H. commented: It was a pleasure to visit and use the (Training Support Center) photo lab today. This is probably the smoothest run operation I've seen in my 25 years in the military. Hats off to a great crew; from the management to the photographer, they all worked together as a team, and you could tell they truly love their profession.

Response: Thanks, Stephen, for that very positive

See Ask the commander on page 3

Dog park in Newman

Kimberly H. asked: Can we get a dog park in Newman? Big dogs like ours are hard to transport to the one by the commissary and with the rabbits, I can't let them run on the farms. We have a lot of open

Fitness schedule

Debbie J. asked: Where might I find a fitness class schedule? And is there only one fitness center?

Response: Debbie, the Wiesbaden Fitness Center

Letter to the editor

Kinderfeld caretaker welcomes help

Dear editor,

I read the Nov. 22 article in the *Herald Union* about the American Kinderfeld. For over a year I have been trying to get in contact with all of the groups interested in caring for the cemetery. I am the point of contact for the Kinderfeld.

Some of the information in the article is incorrect. There is no rent due on the Kinderfeld, as it is now a memorial and thus the care is paid for by the city. The Kinderfeld has not been neglected for years; it has been cared for on a regular basis, though not as often as preferred. A Girl Scout troop from Ramstein and Sembach drove up here every other month for over a year, but this ended last November. Since then, a small group of volunteers has been there at least three times to plant, weed or rake up the leaves and twigs over the past year. On Nov. 3 a group of Girl Scouts from the consulate also went over and planted many heather plants. They also removed all the flags from the individual graves and raked. The cemetery (staff) does not want

flags placed on the gravestones, as it makes it difficult for them to mow the grass or blow the leaves away.

Last year I created a Facebook page about the Kinderfeld with updated information in the hopes that groups could then coordinate their efforts with me, and situations like we just had, with two groups showing up within one week of each other could be avoided. This has happened on several occasions. To connect with the page visit https://www.facebook.com/Frankfurtkinderfeld?notif_t=page_new_likes.

The cemetery has given me copies of all the pertinent documents, dating back to 1947. I have translated all of these and have written a summary of the history.

I would welcome the contact with any group that is interested or individuals too. I am always thrilled when people show interest and take time to come care for the Kinderfeld, as well as purchasing flowers for it.

Jo Ator, Frankfurt

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News flash

Click It or Ticket

The Directorate of Emergency Services reminds drivers and passengers to always use their seat belts. Selected checkpoints will be set up to enforce seat belt use for everyone's safety. MPs will also be out in force during the holidays to discourage drunken driving as part of the Army's Booze It and Lose It program.

Holiday energy conservation

All community members are asked to be considerate with resources when setting up holiday lighting displays. Turn off lights during the day and try to limit holiday lights on from sunset to 10 p.m. People are also reminded to use common sense when it comes to decorations and Christmas trees — keep them away from pets and heat sources. Also, keep trees well watered. Never place candles on a tree and restrict light strings to no more than three on the same extension cord. If using an artificial tree, make sure it is flame resistant and lights have been factory tested.

Blood drive Dec. 14

The Wiesbaden American Red Cross, USO and Better Opportunities for Single Soldiers host a blood drive Dec. 14 from 9 a.m. to 3 p.m. at the Tony Bass Fitness Center. Visit www.militarydonor.com for more information.

AFN topics wanted

AFN-Wiesbaden seeks daily topic ideas for the morning show. If you have an idea (especially about life overseas or in the Wiesbaden military community) to be discussed on the radio, submit your idea on the AFN Wiesbaden Facebook page or call mil 337-5103.

Holiday photo contest

The *Herald Union* invites community members to submit their favorite holiday photos from the December 2012 holiday season to be featured in the first issue of the new year — the Jan. 17 edition. The top photos will win prizes. Submit good quality digital images (limit three per photographer) to army.wiesbadenpao@mail.mil by Jan. 4, 2013.

Rising Star still rising

Wiesbaden's Spc. Mary Knudson has been named one of the 12 semifinalists for the 2012 Operation Rising Star competition. She is one of two competitors from Europe to qualify. The semifinals and finals will be broadcast live online on www.oprisingstar.com Dec. 9, 11, 13, 15 and 17. Community members are encouraged to visit the website and cast their votes for the winners.

Winter Safety Showdown

A Winter Safety Showdown (similar to a Jeopardy game show with questions about safety) will be held Dec. 6 at the Community Activity Center. The event, open to local units, will feature information displays, prize drawings and more. Call 5th Signal Command's Joe Michalkiewicz at mil 337-8119 or U.S. Army Garrison Wiesbaden's Helmut Schartel at mil 337-7417 for more information.

Campbell takes reins of U.S. Army Europe

The new commander of U.S. Army Europe was set to arrive in theater this past weekend and has set a date to assume command.

Lt. Gen. Donald M. Campbell Jr., who relinquished command of III Corps and Fort Hood in Texas, was slated to arrive in Europe on Dec. 2.

He was expected to take command of USAREUR and 7th Army on Dec. 3.

He will be the 38th commander in USAREUR's history and the last commander in Heidelberg before USAREUR's move to Wiesbaden in 2013. He will lead the organization primarily from Clay Kaserne in Wiesbaden.

"Ann and I are delighted to be returning to Europe, and I am personally looking forward to working with our many partners as the commanding general of U.S. Army Europe and Seventh Army," Campbell said about his new assignment.

A distinguished military graduate of Kansas State University, Campbell was commissioned as an armor officer in May 1978. He has served numerous assignments in Europe throughout his career. In June 1984 he was assigned as a G1 (personnel) staff officer at the 8th Infantry Division in Bad Kreuznach and later as the S3 (operations) officer for 4th Battalion, 69th Armor, in Mainz.

He was then selected as the aide-de-camp to the commanding general, 8th Infantry Division, in Bad Kreuznach.

Among his other assignments was a tour as deputy director for the Supreme Headquarters Allied Powers Europe, in Mons, Belgium, from June 1999 until May 2001.

His most recent assignment in Europe was in 2005, when he was selected as the chief of staff for V Corps then based in Heidelberg. He deployed with the unit to Operation Iraqi Freedom where he served as the chief of staff for Multi-National Corps-Iraq from January



Lt. Gen. Donald M. Campbell Jr. takes over as the commander of U.S. Army Europe.

through December 2006.

A formal assumption of command ceremony will follow after the New Year.

Maj. Gen. James Boozer has been serving as the acting commander and chief of staff of USAREUR since the departure of Lt. Gen. Mark P. Hertling early last month. Hertling, who led USAREUR for more than 19 months and served as 1st Armored Division's commander when it was still stationed in Wiesbaden, retired in West Point, N.Y. *(Courtesy of U.S. Army Europe Public Affairs and the Stars and Stripes)*

Ask the commander

Continued from page 2

feedback. It's a pleasure to hear about true professionals who take care of our Soldiers and families on a daily basis. I will pass that on to the team at the Wiesbaden Training Support Center that runs the operations.

Lights on, door open

Caroline H. commented: This morning when my husband took our dog out, our stairwell door was propped open. He closed the door. When we arrived home this afternoon the door to our stairwell was propped open, the basement door was open and the basement lights were turned on. No one was in either the stairwell or the basement. We closed the stairwell and basement doors and turned off the basement lights. Again, when we arrived home this evening, the door to our stairwell was propped open and basement lights were turned on. Again, no one was in either the stairwell or the basement. The workers

performing maintenance in apartment two had locked the apartment and left for the weekend. Since all of our stairwell neighbors are presently stateside, I can reasonably assume these acts of negligence were perpetrated by the workers performing maintenance in apartment two. This is unacceptable and needs to stop. It is not safe.

Response: You are absolutely right Caroline. Thanks for bringing this to my attention. Our Facilities Branch chief reported that the contract employees performing the work were contacted immediately and instructed that the entrance doors must be closed at all times for safety reasons and that lights should be turned off when work is finished to prevent energy abuse. The quality assurance inspector will do spot checks at the work sites to prevent issues like this from occurring again in the future. Again, I appreciate your diligence in bringing this to our attention for everyone's safety.

From the blotter

Compiled by the U.S. Army Garrison
Wiesbaden Directorate of Emergency Services

Nov. 14

Tax evasion — A civilian employee is being charged with tax evasion, misuse of Value Added Tax Relief and civilian misconduct.

Tax evasion — A civilian employee is being charged with tax evasion, unlawful possession of commissary items and AAFES merchandise, as well as civilian misconduct.

Nov. 15

Larceny — A Soldier is being charged with larceny of government funds.

Assault — An Airman is being charged with aggravated assault and damage to private property.

Nov. 16

Assault — A Soldier is being charged with aggravated assault.

Nov. 17

Larceny — A civilian is being charged with larceny of private motor vehicle and fleeing the scene of an accident.

Assault — A Soldier is being charged with aggravated assault.

Nov. 18

Traffic accident — A Soldier is being charged with a traffic accident: Fleeing the scene.

Assault — An officer is being charged with assault.

Assault — A Soldier is being charged with aggravated assault.

Nov. 19

Traffic accident — A civilian is being charged with a traffic accident: Following too closely.

Nov. 21

Assault — A senior NCO is being charged with simple assault.

Assault — A family member is being charged with assault.

Nov. 23

Traffic accident — A civilian is being charged with a traffic accident: Following too closely.

Traffic accident — An NCO is being charged with a traffic accident: Improper backing.

Nov. 25

Unlawful Entry — A Soldier is being charged with unlawful entry

Nov. 26

Traffic accident — A senior NCO is being charged with a traffic accident: Fleeing the scene.

Larceny — A Soldier is being charged with larceny of government funds.

Nov. 27

Traffic accident — A civilian is being charged with a traffic accident: Following too closely.

Traffic accident — An NCO is being charged with a traffic accident: Improper backing.

Nov. 28

Traffic accident — A Soldier is being charged with a traffic accident: Fleeing the scene.

Tax evasion — A civilian employee is being charged with tax evasion, unlawful possession of commissary items and AAFES merchandise, as well as civilian misconduct.

Tax evasion — A Soldier is being charged with unlawful transfer of commissary item, unlawful transfer of AAFES merchandise.

Know your notary services

Notaries play an important role in military life

About 400 Army civilian and military legal personnel notarize more than 410,000 documents annually. These include powers of attorney, wills and bills of sale, among others.

Army military notaries and civilian employees commissioned by states provide this important service free to Soldiers, retirees and their families. This is a particularly important service for overseas military personnel. Powers of attorney for stateside spouses or family members are the most common legal documents troops living abroad need.

What does a notary do?

A notary acts as an official, unbiased witness to the identity and signature of a person who appears before the notary for an oath or affirmation, or to sign a document. The notary's signature indicates the notary verified the identity of the person who appeared and signed, executed or acknowledged the document. Notaries are careful to ensure the person who is signing is, in fact, who she/he claims to be. In addition, the notary makes sure and should be confident the client is acting voluntarily and not being forced or "bullied" to sign documents against her/his will. Moreover, the notary makes sure the client understands what she/he is signing. If the client responds to questions understandably and has made a request for the notarization, then the client can be considered competent for the purposes of notarization.

Certified copies versus notarization

Often Army notaries are asked to certify copies instead of, or in addition to, notarizing them. There is a difference:

Notarization: The notary signature and seal (when used) indicate the person purporting to sign the document appeared before the notary, produced identification or was known personally by the notary and signed the document in the presence of the notary.

Certification: Certification is a process that means a document is a true, full and accurate copy (transcription, or reproduction) of the original document. Most public records and documents such as marriage licenses, birth certificates, divorce decrees, titles, etc. are recorded in public offices, and those offices certify copies. Occasionally, Army notaries make a "true" copy for presentation to a military or government agency. See Army Regulation (AR) 27-55, Notarial Services, paragraph 4-5, for details.

Limits on notary services

Army Regulation 27-55, Notarial Services, provides policies and procedures for Army military and civilian personnel performing notarial services as a part of their official duties. State laws and regulations restrict notary services. For example:

- A notary cannot notarize a previously signed and incomplete document (one with blanks left in it)

or "verify" (authenticate) the signature of someone who does not personally appear before the notary at the time the signature was affixed to the document. Those items intended to remain blank or empty should be lined through or have "N/A" "Not Applicable" entered before the signature.

- A notary will not certify the authenticity of public, official, registered, or court document or records, nor issue certified copies of such documents or records unless allowed to do so under AR 27-55 or other applicable law or regulation. Military notaries may certify copies of public records or publicly recorded documents from an official source for limited military administration, including finance and personnel administration.

- A notary will not notarize a general power of attorney before determining the client has received advice from an

attorney on the nature and effect of a general power of attorney.

- No notary will perform nor be ordered or otherwise required to perform a notarial act the notary believes: 1) if for a transaction which the notary knows or suspects is illegal, false, or deceptive; 2) if for a person being coerced; 3) is for a person whose demeanor causes compelling doubts about whether the person knows the consequences of the transaction requiring the notarial act; or 4) impugns or compromises the notary's impartiality.

Notaries frequently keep a journal of services provided. It may include the name and signature of the individual whose signature was notarized, a general description of the document notarized, the identification presented, and the dates and location of the notarial services.

Must a notary seal appear on the notarized document?

Not usually. Under 10 USC 1044a(d), the notary's signature, title, and authority (10 USC 1044a) are all that are required for military notarial acts. AR 27-55, Chapter 4, provides that no seal is required for notarial services provided by military notaries. However, a raised seal is an extra assurance to enhance the acceptance of the notarized document and is often used.

Where can I get a document notarized?

Individuals eligible for legal assistance should bring their ID card (or other photo identity evidence) and the unsigned document to the Legal Assistance Office at the Wiesbaden Legal Center, Building 1023N on Clay Kaserne. Hours are Monday, Tuesday, Wednesday and Friday from 9 a.m. to noon and 1-4 p.m.; Thursdays from 1-4 p.m. Notarizations are provided on a walk-in basis during all office hours. To visit with an attorney, call for an appointment at civ (0611) 705-4725, mil 337-4725 or take advantage of attorney walk-in hours available Tuesdays from 9



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Ich bin doch nicht blöd.

AWAG conference enriches volunteers

By Wendy Brown

U.S. Army Garrison Wiesbaden
Public Affairs Office

Col. David Carstens, commander of U.S. Army Garrison Wiesbaden, can begin to tally the amount of money volunteers save the community. The American Red Cross alone, which tallied nearly 5,000 volunteer service hours last year, saved the garrison more than \$100,000.

What Carstens cannot begin to tally, however, is the worth of comfort given to deployed Soldiers and their families, the lives saved through donated blood, and the skills and knowledge that youth have learned from volunteers.

That is something for which Carstens can only say thank you.

Carstens did exactly that during his opening remarks at the AWAG Hessen 2012 Area Conference held Nov. 29 at the Little Italy Restaurant and Catering Center on Clay Kaserne.

It is groups like AWAG, which stands for Americans Working Around the Globe, that keep the guiding light of volunteerism burning for other generations to follow, Carstens said.

More than 60 volunteers, mostly from the Wiesbaden community, attended the conference to learn how to become better volunteers. The organization's motto is, "Leading by serving."

Those who attended the conference went to a variety of classes that included, "Anticipatory Grief: The Hidden Challenge of Wartime Deployments," with Wendy Sledd, "CrossFit Liberty," with Tony Neal, "How to Avoid Firing a Volunteer," with Jill Vogel, "Professional Development for Volunteers," with Camille Howes and "European Living and Your Child's Education," with Kathy Tone, Malinda Martin and Lisa Craven.

AWAG started in 1946 in post-World War II Germany, Carstens said, when Margaret Biddell, the wife of Anthony Biddell, commanding general of the U.S. Army of Occupation, formed a group to help coordinate the distribution of



Photos by Wendy Brown

Wendy Sledd, AWAG speaker chair, gives a class on anticipatory grief during the AWAG Hessen 2012 Area Conference held Nov. 29 at the Little Italy Restaurant and Catering Center. Military spouses can experience anticipatory grief when a Soldier deploys, Sledd said. Photo left: Deborah Casey, Hessen representative of the AWAG board of governors and conference organizer, welcomes attendees to the conference. Each of the nine AWAG geographic areas holds a one-day conference each year. The 2013 annual AWAG Professional Development Conference will take place May 5-9 at the Edelweiss Lodge and Resort in Garmisch-Partenkirchen.



relief aid that stateside clubs and church groups sent to help those in need in Germany.

"Over 65 years later, that spirit of giving, perseverance and teamwork continues and is stronger than ever," Carstens said.

The attendees ranged from longtime volunteers who have been to several AWAG conferences to those who were attending for the first time. When asked who was attending an AWAG conference for the first time, roughly a third of the people in the room raised their hands.

Connie Tree, a longtime volunteer who has attended about 10 AWAG conferences, said she spends a lot of time

volunteering and likes going to the conferences because she always learns something new.

One of the best skills AWAG teaches is how to get along better with volunteers, Tree said. "I figure you always have to learn how to get along better with people," she said.

Alicia Baily, who was attending her first AWAG conference, said she recently moved to Wiesbaden from Pennsylvania, and wanted to get involved in volunteering in the community.

Baily, who volunteers at the Wiesbaden Community Spouses Club Thrift Store and local schools, said she signed up for the conference because the classes seemed interesting.

Carstens praised AWAG

as an organization that helps spread the spirit of volunteerism throughout the community.

Carstens said there are three characteristics that make the United States great — we are a nation of givers, we persevere through adversity and we come together when the chips are down — and those same characteristics are what make AWAG a great organization.

Carstens noted that his wife Aida was in the audience as a conference attendee, and said she exemplifies the spirit of perseverance that makes the United States great.

After the communist regime in Romania collapsed, Aida Carstens came to the U.S. on a student visa with \$300 in

spending money to complete a second engineering degree, Carstens said.

Aida Carstens worked to put herself through college and did not borrow from anyone or the government, Carstens said. She went on to work for the New York Comptroller's Office and Fortune 500 companies.

In the meantime, she spent 11 years working her way through the immigration system to become a naturalized citizen of the United States, Carstens said.

"Only in America can you do this," Carstens said. "I truly believe this."

For more information about AWAG, visit www.awagonline.org.

Foxhole

Continued from page 1

that doesn't always occur. Hence the foxhole effort to reach out to junior enlisted Soldiers.

"These people and all of us are here to serve you," said Mustafa, opening the floor to questions from the gathered Soldiers.

With questions ranging from why not all Wiesbaden military community housing areas are fenced in to concerns about the configuration of barracks rooms, subject matter experts did their best to explain current policies and future plans while sharing information about a host of programs and opportunities available through the Exchange, garrison and other agencies. Soldiers learned about the new Exchange Complex being built in Hainerberg Housing with construction set to start in early 2013 and completion slated for 2015, the Culture College program which provides a three-day introduction to Germany and local resources, ways to special order items through the Exchange and Commissary and various other quality-of-life topics.

One question concerned the possibility of offering a voucher program during Spring and Fall Cleanups, similar to one in Heidelberg, whereby community members could



Army and Air Force Exchange Service-Europe Sgt. Maj. Keith Craig talks about "the short line" — ways to seek advancement — with Wiesbaden junior enlisted Soldiers.

pick up vouchers from Self Help to obtain flowers or other beautification items from a local vendor. Housing Manager Donald Meyer said officials are working on offering this service in spring during the next cleanup activities.

Soldiers were also reminded that the Wiesbaden Better Op-

portunities for Single Soldiers program runs a free shuttle service from Clay Kaserne to the Wiesbaden Commissary on a regular basis to help them obtain needed supplies and nutritional foods. The bus operates every first and third Thursday of the month, departing from the Warrior Zone at 6 p.m.

Dr. Robert Schloesser, USAG Wiesbaden's FMWR director, said the shuttle service would be offered more frequently if there was indeed

more of a demand.

Thomas Blakely of the garrison's Transformation Stationing Management Office responded to a question about sports and parade fields on Clay Kaserne by explaining that transformation efforts are continuing to provide more options with one field already available on the North Side of Clay Kaserne, another in the works and multiple sports options to be available in Newman Village. He explained that planners are

looking at also establishing a parade field on the installation in front of Building 1015.

"I'm proud today to be a Soldier to see you young Soldiers asking these tough questions," said Mustafa, encouraging all of them to show their unit pride and to help do that by competing on their unit sports teams.

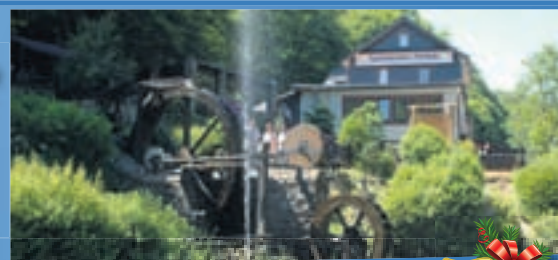
"Thank you for being good sports," added Craig. "This is truly what it's all about. This is teamwork. ... We want to thank you for your service."



Photos by Karl Weisel

Representatives of the Education Center and various other organizations provide Soldiers with a wealth of information during the Exchange Foxhole Event.

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Georgi Giergiev makes gravy. Photo left: Chaplain (Lt. Col.) Harold Cline (from left), Command Sgt. Maj. Sa'eed Mustafa and Col. David Carstens serve patrons on Thanksgiving.

Giving thanks: Officers, NCOs, dining facility staff pull out all the stops to serve up a Thanksgiving feast

Story and photos by

Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

You could tell the food was being made with love on Thanksgiving at the Wiesbaden Dining Facility.

As cooks hustled through the kitchens preparing roasts, stuffing, vegetables and hundreds of buns for baking, they couldn't help but throw a few dance moves into the mix. And from the smiles on diners' faces it was obvious the positive groove in the kitchen had permeated the cooking.

"It's very busy in the kitchen, but the atmosphere is very good," said Silvia Gimesi as she prepared sweet potatoes for cooking. Gimesi laughed as several of her fellow cooks broke

out some inspired dance steps.

"We started yesterday (the day before Thanksgiving) at 6:30 a.m. preparing for Thanksgiving," said Sgt. 1st Class Jose Pineda, dining facility manager, "and came in at 5 a.m. today."

The dining facility manager rattled off a few ingredients for the holiday fare: 45 full turkeys, 300 servings of steak, 30 hams, two full pork roasts, 50 each of every different pie including sweet potato, pumpkin, apple and cherry. He added that the dining facility staff started working on the festive décor weeks before the holiday.

As diners lined up well before the 11 a.m. opening Nov. 22, they were greeted by a host of special features on display throughout the facility including a tepee, special holiday unit cakes,

a children's play area and a wide range of seasonal decorations. These included giving the dining area a taste of the Mayflower — a boat hull and sails on the salad bar and other special features.

"We included information on the displays so that people could read about some of the traditions on the Mayflower (and Plymouth Rock)," Pineda said.

As Brig. Gen. Bruce Crawford, commander of the 5th Signal Command, made a few remarks to welcome diners, remember those still serving in harm's way and thanked the staff for their hard work, officers and senior noncommissioned officers from various Wiesbaden units and decked out in their dress blues took their places behind the serving line to await the first guests.

Then the signal was given and the

first diners filed into the Victory Café Dining Facility. By day's end, more than 1,300 patrons had enjoyed the holiday feast.

Feedback on the garrison's Facebook page attested to patron satisfaction:

"I was there and it was outstanding," reported Maggs Vibo. "There was attention to every detail and the decorations were above and beyond. Thank you for making my day special."

"Thank you to all those who made Thanksgiving a great meal. ... The food was hot, great tasting and plentiful," wrote Allen Pierce. "The personnel were more than helpful and courteous."

"Outstanding — wonderful selection of choices. I loved the beef, stuffing and collard greens," added Angela Roelofs.



Brig. Gen. Bruce Crawford welcomes families to the Thanksgiving meal. Photo left: A tepee display. Photo top right: Pvt. Cede Smith, Pfc. Lisa Moore and Pvt. Kristopher Williams move to the groove while whipping up a Thanksgiving feast Nov. 22. Photo right: Diners enjoy the seasonal decor and heaping helpings.



Fall cleanup winners announced

By Wendy Brown
U.S. Army Garrison Wiesbaden
Public Affairs Office

After U.S. Army Garrison Wiesbaden housing residents raked up the leaves, cleaned the buildings and put up decorations for fall cleanup, garrison officials went around to see who had done the best work.

The result was that residents in buildings on each of the garrison's four housing areas won a contest that gave them signs in front of their buildings and free bowling games at the Wiesbaden Entertainment Center, said Sgt. 1st Class Rolando DeLeon, the garrison's housing noncommissioned officer.

The winners on Newman Village and Clay Kaserne were Chief Warrant Officer 3 Mark Jay, his wife Shanna Jay and their children Aspyr and Colton. Not only was their home on Fowler Loop well cleaned, but the family also had a beautifully decorated yard.

On Hainerberg Housing, the residents of Building 7730 on Arizonastrasse overcame Soldier deployments and a large area to clean to win the prize. The building also had maximum participation from service members and family members.

The residents of the building include Sgt. Whitney Wheaton, Pvt. Apolinio Gomez, Spc. Vickmarie Fuentes, Sgt. Chenique Walker, Pfc. Ian Kay, Sgt. John McCaughrean, Staff Sgt. John Gutierrez, Staff Sgt. Joshua Mordenti, Sgt. Clifford

Sneed, Spc. Kevin Jimenez, Sgt. Roberto Torovazquez and Sgt. Kristy Sexton.

In Crestview Housing the winners were Capt. Matthew Hamrick, his wife Jennifer and their four children and Chief Warrant Officer 2 Ruhamanga Lurhuma, his wife Evelyn and their four children. The families share a two-unit building and made it a quaint and clean place to live.

In Aukamm Housing, the residents of Building 7283 on Württembergstrasse took the honors. The residents of the building include Maj. David Kirkland, Maj. Benson Asis, Chief Warrant Officer 4 Rondall Frazier, Maj. John Peters, Maj. Joshua Vogel, Lt. Col. Jeffrey Osadnick, Maj. Marcus Grimes, Capt. Ryan Perusich and Chief Warrant Officer 4 Robert Canfield.

The judges commended Kirkland for welcoming new families to the building and having a well decorated and neat yard.

The Wiesbaden Entertainment Center donated free bowling games to each family member, DeLeon said.

U.S. Army Garrison Wiesbaden Command Sgt. Maj. Sa'eed Mustafa and personnel from the housing office judged the contest, DeLeon said.

The judges looked at how well homes looked but also what kind of teamwork and participation there was during the cleanup, DeLeon said.



Photos by Wendy Brown

U.S. Army Garrison Wiesbaden Command Sgt. Maj. Sa'eed Mustafa thanks Chief Warrant Officer 4 Gene Frazier, Mindi Frazier, Joshelyn Asis and Trisha Kirkland Nov. 21 at Aukamm Housing for their hard work during fall cleanup. Asis is holding Zachary Asis, 2, and Kirkland is holding Riase Kirkland, 2. The Wiesbaden Entertainment Center donated free bowling games to the contest winners. Photo right: Buildings that won the top honors in all four housing areas have signs in front of them that designate them as the best buildings in the garrison.



"There will be a spring cleanup best building and we are creating a quarterly program as well," DeLeon said.

The fall cleanup is a good time to get into the basements and make sure they are safe and clean, DeLeon said.

It is also important to rake up

the leaves before the weather gets bad, DeLeon said.

Directorate of Public Works personnel work hard to keep up with the leaves, but the fall cleanup helps ensure that leaves do not make roads slick, clog drains or provide a place for varmints or rodents to live,

DeLeon said.

The cleanups also help improve how the housing areas look and increase pride, DeLeon said.

In addition, neighbors get to know one another and learn to work together as a team, DeLeon said.

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Math night features structure contest



**Story and photos by
Karen Ravensbergen
Special to the Herald Union**

Wiesbaden Middle School welcomed nearly 200 participants to the Second Annual Math Night Nov. 8.

The special guest speaker was Col. Peter Helmlinger, commander of the U.S. Army Corps of Engineers, Europe District, who welcomed guests and highlighted this year's theme of "STEM" — Science, Technology, En-

gineering and Math. Again this year, a competition among student teams was a highlight of the evening. Teams worked to create tall paper towers which were judged at Math Night — height was measured and towers were tested for stability (wind deflection).

Last year, math teacher Mely Arnold initiated the first Math Night in order to inspire students and families to explore and enjoy math-related activities. The event was extremely well-attended. Such events also support the school's current school improvement goals, specifically to improve computation and problem-solving skills.

As one of Wiesbaden Middle School's sponsoring organizations, US-ACE employees supported the event in various ways. Neil Ravensbergen, Resident Engineer at the U.S. Army Corps of Engineers Europe District Wiesbaden Resident Office, visited Arnold's math classes to share how civil/structural engineers design tall structures which are safe and stable. Ravensbergen and Helmlinger conducted the tower testing/judging contest.

Several Corps employees supported the event by volunteering to host activities including equation solving and paper airplane design. Anthony Korves, Adrien Gero, Dawn Sonju were among the volunteers.

Many members of the school's staff also hosted activity centers which included math activities connected with foreign language, art, science and technology. Themes included estimation, tangrams, crafts with icosahedrons and origami and much more.



Students enjoy making patterns with Tangrams during Math Night at the Wiesbaden Middle School Nov. 8. Photo left: Col. Peter Helmlinger, commander of the U.S. Army Corps of Engineers, Europe District, works with Neil Ravensberger, Resident Engineer at the U.S. Army Corps of Engineers Europe District Wiesbaden Resident Office, and Boy Scout Nic Barron to measure the deflection of a paper tower.



Photos by Karl Weisel

New Exchange feature

Exchange and U.S. Army Garrison Wiesbaden officials cut a ribbon to officially open the new Gold Crown Hallmark center in the Bookmark at the Hainerberg Shopping Center Nov. 30. The opening offers a wider assortment of greeting cards and frees up space in the Main Store, Exchange officials said. "This is just the tip of the iceberg of what Wiesbaden is going to get," said Col. Fred Han-nah, commander of the Exchange Europe and Southwest Asia. Story time will be featured in the store Dec. 8 at 11:30 a.m.

Good neighbors deterrent to burglars

Fall is a time when burglars become more active. As the days get shorter, the number of break-ins goes up.

"Many thieves will spend no longer than 60 seconds try-

ing to break into a home," said Lt. Col. Raymond Stuhn, U.S. Army Europe's deputy provost marshal. "Good locks and good neighbors who watch out for each other can be big deterrents

to burglars," he added.

In almost half of all completed residential burglaries, thieves simply breeze in through unlocked doors or crawl through unlocked windows, Stuhn added. He recommended people lock their doors any time they leave their houses, apartments or barracks rooms, even if it is only for a short time.

Some tips for security:

✎ Instead of hiding extra keys outside a house or apartment, give a key to a trusted neighbor.

✎ If the front door has a peephole, always use it before opening the door.

✎ Ask local MPs for a free home security survey.

✎ Have a neighbor pick up mail when away and leave curtains/blinds in normal position.

✎ Don't advertise an empty home or barracks room when away — only tell people who need to know. (Courtesy of U.S. Army Europe Public Affairs)



Photo by Karl Weisel

Casing the 1st MI colors

The 1st Military Intelligence Battalion's leadership team of Command Sgt. Maj. Bernardo B. Serna (left) and Lt. Col. Ernesto A. Cortez case the unit's colors during a ceremony on Clay Kaserne Nov. 20. The colors are headed to Afghanistan along with the command team and several other key members of the battalion in support of Operation Enduring Freedom. "Effective immediately, I am leaving you in the very capable hands of Maj. Jeremy James, the acting battalion commander, and 1st Sgt. Anthony Enriquez, the acting battalion command sergeant major," Cortez told members of the battalion during the ceremony. "Over the next six months they will guide you and push you toward new heights until such time as we return."



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Photo by Ulises Soto

German Day of Mourning

U.S. Army Garrison Wiesbaden leaders Col. David Carstens and Command Sgt. Maj. Sa'eed Mustafa salute during a wreath laying event commemorating the German National Day of Mourning at a Wiesbaden cemetery Nov. 18.

The day honors the victims of World Wars I and II. Col. Tony Sarver, 5th Signal Command's chief of staff, and Steve Steininger, U.S. Forces liaison officer for Rheinland-Pfalz, represented the U.S. Army at a similar event at the Mainz cemetery on the same occasion.



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Welcoming youths with Student-2-Student

Middle, high school students volunteer to help newcomers

Story and photo by

Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

"I've moved a lot and I know what it feels like to be the new kid."

That's how Wiesbaden Middle School sixth-grader Karissa Schnitz described the desire to help other newcomers in the Junior Student-2-Student program.

Schnitz and a group of fellow middle and high school students spent several hours Nov. 19-21 at the Wiesbaden Teen Center learning about the Military Child Education Coalition Student-2-Student program and brainstorming about ways to help newcomers feel welcome upon arrival at their new school in Wiesbaden.

"Several years ago MCEC decided to add sixth-eighth-grade students as well to the Student-2-Student program," said Peter Witmer, U.S. Army Garrison Wiesbaden school liaison officer. As such Student-2-Student was broadened to extend beyond high school into the middle school.

"This is all part of the Total Army Sponsorship Program," Witmer said, explaining that military leaders have been working on enhancing the sponsorship effort to encompass all members of the Army Family including service members, spouses and children.

"The Parent-2-Parent group, another component of the MCEC in Wiesbaden, is co-facilitating the training," he said.

While the worldwide Student-2-Student program has been in existence for many years, "the way it is tailored in each school is different. It is adapted to meet student interest," Witmer said. "The biggest challenge is to keep the program fresh."

That's one of the reasons why Witmer and Parent-2-Parent members focused



Peter Witmer, school liaison officer, listens as students discuss the various ideas reflected by the word commitment during Student-2-Student training.

on reaching out to welcome back former middle and high school Student-2-Student participants plus new program members. "Retraining and re-energizing are critical on an annual basis because of people moving," he said.

The intent of the program is to offer young people easy access to wherever they transition — whether new to a Department of Defense Dependents School in Europe or making the move from overseas back to a stateside school.

With Student-2-Student sponsors in place, newcomers are welcomed with open arms, a steady flow of useful information, an open ear and someone to serve as a guide.

"If people contact us in advance of coming here (by calling the schools as soon as they know they are set to move) we can help them by engaging in almost any direction," Witmer said. "If you know someone here before you get here, it makes it a lot easier."

"I'm really happy to be here," said eighth-grader Emilie Hollingsworth. "I think it's a great program. I think it will make their entrance here awesome."

Hollingsworth said she learned a lot during the training about making newcomers feel comfortable upon their arrival. "I learned a lot about what people want and what they need when they come here."

Her secret (and a core Student-2-Student reminder): "Food, facts and fun."

"I see this program as a way to help people out," added Schnitz.

"A lot of people on the first days of school need help making friends," said seventh-grader Aubrey Shields, explaining that some of the ways for helping ease their apprehension might include "inviting them to parties, introducing them to your friends and listening to their interests."

"I came at the beginning of last year and didn't know anyone or have anyone to show me around," said Michele Perry, seventh grade. "I know what it's like to be brand new and I really want to help others."

Perry, who said she's been to five or six different schools so far, said moving overseas was probably the most challenging as a newcomer — "a new school and a new environment."

"Most people, when they are moving, are most worried about finding new friends," said Witmer.

"It's hard anytime you make a transition," said Dr. Susan Hargis, Wiesbaden Middle School principal, pointing out that for a youngster, age 11-13, it can be especially challenging. "It takes time to grow — time to connect."

Hargis praised the efforts of the students who were either recommended by their teachers or volunteered to serve in the program. "Your teachers saw something in you. Open that heart; you have the spirit. Let this new child who may be scared to be here see the spark that your teachers saw."

For more information about the Student-2-Student program contact the Wiesbaden Middle or High School or visit the Military Child Education Coalition website at www.militarychild.org/parents-and-students/programs/student-2-student.

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Community notes ... Community notes

Angel Tree Program

Want to brighten the holidays for a needy family in Wiesbaden? Donate gifts through Army Community Service's holiday assistance Angel Tree Program. Pick a name off one of the Angel Trees located around the community, purchase the appropriate gift and return the unwrapped present to ACS by Dec. 17. Call ACS at mil 335-5234 or civ (0611) 408-0234 for details.

Holiday closures

The Directorate of Logistics holds a holiday party Dec. 14 starting at noon which means the following facilities will be closed that afternoon: Central Issue Facility, Driver's Training and Testing, Installation Property Book Office, PPPO (HHG In/Outbound), POV Inspection Point, Transportation Motor Pool, Quality Assurance and SATO Travel. In the case of an emergency call civ (0162) 297 4827.

The Wiesbaden Legal Center and Legal Assistance Office will be closed on the following national and training holidays: Nov. 22, 23, Dec. 24, 25 and 31. No German attorneys or paralegals will be available Dec. 25 or 26.

November Volunteers of the Month

Congratulations to November's Volunteers of the Month: Grace Reber, Cathy Rupe, Wisty Battles, Dequan Reed, Kim Bollinger, William Heiges, Brittney Pryor, Staff Sgt. Pedro Amaro, Christine Lurhuma, Pfc. Samuel Smythe, Elaine Stehr, Tara Lisica, Tonya Bullock, James Hazlett, Carey Sullivan, Benjamin Teater, Michael Martin, Deborah Casey, Lisa Jones, Janice Wiley, Ric Heiges, Spc.



Photo by Mark Warren

President's award

U.S. Army Garrison Wiesbaden Command Sgt. Maj. Sa'eed Mustafa and Col. David Carstens honor Joyce Schloesser with the President's Volunteer Service Award during the U.S. Army Garrison Wiesbaden's Nov. 27 Community Information Briefing. The former Army spouse and longtime volunteer was recognized for her work with AWAG, helping retirees and widows stay connected and a host of other volunteer contributions over decades of service. The award was signed by President Barack Obama.

Darrell Cole, Alishea Andersen, Sophie Winchester, Kimberly Anderson, Christopher Johnson, Omoni Williams and Spc. David Bumstead.

USAREUR holiday bash

U.S. Army Europe holds a holiday party Dec. 13 from 6:30-8:30 p.m. at the Tony Bass Fitness Center on Clay Kaserne. Make reservations (and share the potluck dish you plan to bring) by Dec. 1 by calling Capt. Ross at mil 337-3491, civ (0173) 6627 668 or 1st Sgt. Kelly at mil 337-3497, civ (0162) 2710 037.

Culture College

New to the Wiesbaden area? Learn about getting around, German culture, community resources and lots more in the

monthly Culture College Dec. 10-12. Call mil 335-5254 or civ (0611) 4080-254.

BOSS leaders sought

Wiesbaden's Better Opportunities for Single Soldiers program seeks highly motivated and dedicated Soldiers to serve as president and vice president. Soldiers (minimum of specialist to serve as president) need a memorandum with approval from their chain of command to serve in the leadership positions. Stop by the Warrior Zone on Clay Kaserne (next to Wiesbaden Arts and Crafts) to get involved.

Spouse Sponsorship

Volunteer spouse sponsors are needed to provide a welcoming atmosphere for incoming

spouses. Upcoming Spouse Sponsorship training date is Jan. 14 from 9-10:30 at Army Community Service. Call civ (0611) 408-0254 to reserve a space.

Relocation Readiness tour

Army Community Service's Relocation Readiness program features a tour of the Frankfurt Christmas Market Dec. 18. Bring euros for the train, lunch and shopping. Call mil 335-5254 or civ (0611) 4080-254 to sign up.

Religious happenings

The Catholic community features a Vigil Mass Dec. 7, Advent Reconciliation Dec. 17 and Children's and Midnight Mass Dec. 24. The Hainerberg Protestant community holds a Christmas Cantata/Bowling Fellowship Dec. 9 and Candlelight Christmas Eve Service Dec. 24.

Red Cross training

The Wiesbaden American Red Cross holds a CPR/first aid class Dec. 15, babysitting with infant/child CPR and first aid Jan. 3-4, and dental assistant training starting Jan. 28 (apply through Dec. 3). Call mil 337-1760 or stop by the Red Cross Office in Building 1023 (third floor) for details.

Santa at ACS

Santa will be visiting Army Community Service in Hainerberg Housing Dec. 6 from noon to 3 p.m. Bring a camera to get a picture with the jolly old elf.

Veterinary Clinic short-staffed

Volunteers are sought to help

at the Wiesbaden Veterinary Clinic which is extremely short-staffed. Call the Wiesbaden Red Cross at mil 337-1760 if interested in volunteering at the Veterinary Clinic.

Calling Boy Scouts

Are you a boy looking for adventure and fun in the Wiesbaden area? Enjoy camp-outs, community projects, earn badges and learn new skills with Troop 107 of the Boy Scouts of America. Parents are also invited to join in the fun by serving as assistant scoutmasters. Visit www.wiesbaden107.mytroop.us for more information.

Family Child Care

Do you love working with children? Interested in working from home? Looking for an earning potential from \$26,000 to \$40,000 annually? Become a Family Child Care provider. Call civ (0611) 4080-329 or mil 335-5383 for more information.

Library happenings

The Wiesbaden Library holds preschool story time at 10 a.m. Nov. 29. The library will be open from noon to 4 p.m. Nov. 22.

Need training support?

Head to the Wiesbaden Training Support Center in Building 1032 and 1638 on

Clay Kaserne to arrange for a host of training support including use of the Engagement Skills Trainer, Call for Fire Trainer, HMMWV Egress Assistance Train-

er, photo support, classrooms and more. Call mil 337-5370 or visit <https://trms.eur.army.mil> for more information.



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School bits

Hainerberg happenings

Hainerberg Elementary School holds a **Principal's Coffee** Dec. 6 at 7:35 a.m.; a **choral presentation** at the Wiesbaden Christmas Market at 3 p.m. Dec. 9; a **variety show** Dec. 13 and a **Parent Teacher Organization Meeting** Dec. 12 at 11:30 a.m.

High School update

Wiesbaden High School holds **SAT testing** Dec. 1 starting at 7:30 a.m., a **JROTC Military Ball** at the Community Activity Center Dec. 14 and a **winter concert** Dec. 18 at 7 p.m.

Business scholarship

Studying, or planning to study, business? The Kaiserslautern American German Business Club invites people to apply for a €1,000 scholarship. Applicants must be studying business or a business-related course at the University of Kaiserslautern or be studying business-related courses at any accredited university and have a home residence within the area surrounded by Kaiserslautern, Pirmasens, Saarbrücken, Koblenz and Mainz. A 500-750-word essay is required — on how the applicant plans to use his or her business studies to further German-American relations, a cover letter and brief outline on current course of study. Deadline to apply is March 1. Send the English-language documents in Word format to Kaiserslautern@agbc.de.

University of Maryland registration

The University of Maryland University College Europe holds registration for the Holiday Express Intersession, an accelerated session that gives students the opportunity to earn credit in half the time over the holidays. Check out the schedule at <http://webapps.umuc.edu/soc/europe.cfm>. Through Dec. 21 all textbooks are 40 percent off when ordered at www.ed.umuc.edu/

webtext. There is still time to register for two field study coursed taking place Jan. 5-12 — **Renaissance Art in Florence, Italy**, and **Famous Literature in Paris, France**. Register by Dec. 23 at www.ed.umuc.edu/fieldstudy.

Central Texas classes

Central Texas College offers courses in legal assistance, criminal justice, automotive mechanic/technician, early childhood and hospitality management Jan. 14 through March 7. Classes are in the evenings and/or weekends. Online classes are also available. Call civ (0611) 705-5561 or mil 337-5561 for details — or stop by the Education Center in Building 1023E on Wiesbaden's Clay Kaserne.

FAST classes

The Wiesbaden Army Education Center will be offering a Functional Academic Skills Training class for qualified soldiers Jan. 7-29. Class times are Monday through Friday, 7:45-11:45 a.m. FAST provides Soldiers with on-duty instruction in reading, math, and language. The goal is to improve job performance, prepare Soldiers for more advanced schooling, increase reenlistment options and enhance trainability. To be eligible for the training a Soldiers must have a GT score below 110. Soldiers interested in FAST should call mil 337-5559, or email jason.m.thorp.ctr@mail.mil or visit the Education Center on Clay Kaserne Building 1023E Room 120 and speak to a counselor.

MBA classes

University of Phoenix offers Master of Business Administration classes including a Management 521 class beginning in January. The university also features both classroom and online courses leading to Masters in Arts in Education degrees. For more information stop by Room 1A in Building 1023E (Education Center) on Clay Kaserne or call civ (0611) 205-2015.



Photos courtesy of Wiesbaden Child, Youth and School Services

Wiesbaden students get a look at the Thames River during a visit to London and British universities, thanks to a Boys and Girls Club of America Dependable Club Award.

College prep: CYSS program takes students to esteemed universities

By Patrick Hoban and Aaron Chapuis
Child, Youth and School Services

A group of 42 Wiesbaden High School students spent five days in London last month, visiting famous landmarks, colleges and taking in a show.

The trip was the last of three trips Wiesbaden Youth Services has conducted to the United Kingdom over the last 18 months. A \$100,000 grant from the Maytag Corporation for winning and Boys and Girls Clubs of America Dependable Club Award has paid for the program. Wiesbaden's club was one of seven clubs out of nearly 4,000 to win the award.

After traveling through the Chunnel, the group's first stop was in Canterbury, where they saw the famed Canterbury Cathedral. The group then traveled to East London for a guided tour of the 2012 Olympic Grounds.

While in the London area the group also visited the Science Museum and the Natural History Museum. They had a tour of the reconstructed Globe Theatre, where Shakespeare staged his famous plays, and later in the evening saw the non-Shakespearean but equally famous, "Lion King." They took a ride on the giant Ferris wheel, The London Eye, and caught great views of the House of Parliament, Big Ben, Westminster Abbey, St. Paul's Cathedral, and



Students enjoy punting on the river in Cambridge.

the rest of the London skyline.

The group also visited several universities. They were invited for tea at Richmond University, an American University based in London. There were extensive guided tours of both Oxford and Cambridge universities. On the Oxford campus, students visited the famous dining room which served as the great hall of Hogwarts in the Harry Potter movies. They also visited the rooms where President Bill Clinton lived when was a Rhodes Scholar.

While in the Cambridge area, students went to the Cambridge American Cemetery to commemorate Veterans Day. The cemetery is where 3,812 World War II dead are buried. The cemetery superintendent spoke to the group and pointed out the names of Glenn Miller and Joseph P. Kennedy Jr. among the 5,127 names recorded on the

Tablets of the Missing to recognize those whose remains were never found. It was a gorgeous fall day in Cambridge and the youth saw the English version of a gondola ride — "punting" on the river.

In order to participate in this program, students were required to complete mock college applications. The goal was to prepare them for the type of information they will need to provide on actual college applications. The Wiesbaden Youth Center was pleased it was able to provide over 130 students this opportunity and will continue to provide college preparation activities such as the popular "Show Me the College Money" seminars for students and parents. Please contact the Wiesbaden Youth Center for information about any other of our exciting trips or daily activities.



Tommy Collins of Wiesbaden drives down the court during the Thanksgiving Basketball Tournament. Photo right: Amber Andrews of Wiesbaden wrestles for possession with a Spangdahlem player.



Wiesbaden shines at holiday hoops tourney

Story and photos by Wendy Brown
U.S. Army Garrison Wiesbaden Public Affairs Office

The U.S. Army Garrison Wiesbaden men's basketball team came in first in the Thanksgiving Supershootout basketball tournament, and the women's team came in second.

The tournament took place Nov. 23-25, and Dazmar Lockhart coached both teams, which are members of the Community Level Basketball league. The Wiesbaden teams played against teams from other military communities from throughout Germany and against two German teams.

The men's team won against Ramstein, and the women's team lost to Ramstein in the championships, said Kevin Ringgold, Wiesbaden Fitness Center sports and fitness director.

"All the teams played hard and it was good competition all around," Ringgold said. "The best teams were triumphant, and there was a lot of friendship

and good sportsmanship throughout the tournament."

Mychal Porter, one of the team's two most valuable players for the tournament, said the tournament went really well and all the teams competed hard. This was the fourth year he has participated in the tournament, he said.

"I was really proud of my teammates. They did a great job, especially considering that we were up against a team that has really had our number over the past couple of years," Porter said.

Also, coach Lockhart did a great job and instilled a belief in the players that they were capable of winning the tournament, Porter said.

The men's team has practiced together for two months, and the women's team for three weeks, Lockhart said.

Both teams did exceptionally well during the tournament, Lockhart said.

The men's team worked hard during practice, and it showed during the tournament, Lockhart said.

Lockhart said he took over as coach of the women's team two days before the tournament began, and he was really pleased with how well the team played.

"Despite not being conditioned or having a system to run, the ladies played with a lot of heart and teamwork," Lockhart said.

Brittany Smith, who was All Tournament with teammate Octavia Brown, said she also played in last year's tournament, and the team did not win a single game.

"For us to just come together with no practices and do as well as we did, I thought was pretty good," Smith said of this year's performance.

The tournament was a lot of fun, Smith said, but was also competitive and everyone played hard.

Ringgold said the tournament goes back 18 years, but did not take place in 2000 and 2001. It resumed in 2002 and has been an annual event in Wiesbaden since then.

Sports shorts . . . Sports shorts . . . Sports shorts

Sport shooters

Head to the Wackernheim Range Dec. 15, Jan. 26, Feb. 23 or March 23 from 10 a.m. to 4 p.m. for recreational shooting with the Wiesbaden Hunting, Fishing and Sport Shooting Program. Cost is \$8 for members and \$12 for nonmembers. Call Wiesbaden Outdoor Recreation at civ (0611) 705-5760 or 5302.

All-Army sports

Applications are now being accepted for all-Army sports. Upcoming deadlines are Dec. 15 for cross country, Feb. 15 for bowling, Feb. 26 for volleyball and Jan. 13 for wrestling. All-Army sport applications will be accepted for the following on the dates



Coach Adam Martinez talks technique with the Wiesbaden Boxing Team. The Combat Sports Program meets Thursdays at 6 p.m. at the Tony Bass Fitness Center.

indicated starting on: Jan. 1 for triathlon, Feb. 1 for soccer and April 1 for softball, marathon and the Army 10-Miler. Apply online at <https://apps.imcom/army.mil/apprtrac> or contact U.S. Army Garrison Wiesbaden sports director Kevin Ringgold at mil 335-5322 or civ (0611) 4080-322 for more information.

Boxing in February

Start training now for the Black History Month Boxing Tournament Feb. 23 at the Wiesbaden Fitness Center. Call Coach Martinez at mil 337-2149 or email adam.c.martinez.mil@mail.mil.

Free zumba classes

Head to the Army Community Service cafeteria in Hainberger Housing every Monday and Thursday from 9-10 a.m. for free zumba classes. Call ACS at mil 335-5254 or civ (0611) 4080-254 for more information.

New Year's Boot Camp

Want to get back in shape after indulging in one too many helpings of stuffing and gravy

over the holidays? Head to the Wiesbaden Fitness Center to sign up for their New Year's Resolution Boot Camp which runs from Jan. 2 to Feb. 15. Call the fitness center at mil 337-5541 or civ (0611) 705-5541 for more information.

Warriors basketball

Come out and cheer on the Wiesbaden High School athletes at home as they face SHAPE Dec. 14 and 15. Call civ (0611) 4080 351.

Fitness classes

Get toned up and fit during one of the Wiesbaden Fitness Center's many classes — Zumba, spin, body tone, Plyometrics, H.E.A.T. and more. Call civ (0611) 705-5541.

Vienna: A distinguished destination

The city also hosts several Christmas markets

By Marty Howes
Special to the Herald Union

Once the capital of the great Austro-Hungarian Empire, Vienna is still grand, imposing and majestic in an old world way.

Bronze and marble statuary abound in every space available, including the rooftops. Murals and mosaics are on every open wall space. Mythical figures such as Hercules, classical heroes including Caesar Augustus and the proud regents of the Austro-Hungarian Empire all watch over the city as if to commend its former glory. Many buildings, themselves filling an entire city block, are covered with ornate molding, fronted with tall columns and topped with giant bronze domes turned green from age and the elements and trimmed with gold leaf.

Flights to Vienna are conveniently available from Frankfurt Airport. At Vienna International Airport there is a train dedicated to getting travelers directly downtown. Vienna is easy to navigate with convenient public transportation and intuitive city layout. Local train tickets are available on a per-ride, day-pass or multi-day basis with schedules that are easy to understand, even for inexperienced travelers.

Vienna is home to two UNESCO sites, and the city's

old town is one. The old town is located within the ringroad, where visitors will also find the museum quarter, city hall, parliament and the shopping district. The other is Schonbrunn Palace, the former home of the Habsburg Dynasty, located a few blocks west of old town center.

Schonbrunn Palace has a degree of opulence and grandeur that is hard to imagine without seeing it in person. Infinite detail of gilt woodwork, richly deep colorful ceiling murals floating twenty feet high, and wall covering made of materials like linen or silk. The Schonbrunn complex including the zoo, garden/park and labyrinth was owned by the rulers of the Austro-Hungarian Empire from the early 1500s until 1918 when it became a possession of the new republic at the conclusion of World War I.

During the mid 1700s Empress Maria Theresa recreated most of Schonbrunn, so what remains represents the high style of Rococo art of the late Renaissance. The grounds of Schonbrunn are open to wander at leisure, but the inside is only accessible escorted by guided tour — a worthwhile expense to see the hand-wrought beauty and detail of the home of the Habsburgs. The tour costs €10.50 for 30 minutes or €13.50



Photo by Marty Howes

Vienna's many statues are beautifully lit for an evening walk.

for a 60-minute tour. Visit www.schoenbrunn.at/en.

In Vienna there are several Christmas markets which are open until Christmas Day. The city hall market fills the park below the Rathaus tower with 140 booths. Here the centerpiece is a 30-meter-high Christmas tree adorned with 1,000 lights and is given as a gift to the city from a different Austrian state each year. Labeled the "child friendly" market, there are activities here

such as pony rides and a merry-go-round. The Maria Theresa Platz market is surrounded by the statues and architecture of three big museums: Natural History Museum, Art History Museum and Leopold Museum. Both are storybook backdrops decorated to the hilt with old world charm. Bring your festival appetite, as you'll find unique versions of wurst, fried spiral cut potatoes and giant, chocolate-coated pretzels.

Vienna's cafe culture is famous throughout Europe. With a cafe for every occasion, it's part of being in Vienna. From the informal, Formica-paneled cafes to the cafes with dark wood, mirrors and brass, there is always an open place to linger and talk. You'll get your coffee or tea served on a silver tray accompanied by a shot glass of water to wash it down. And you will be tempted by an array of

See Vienna on page 17

Things to do . . . Things to do . . . Things to do

'Nutcracker, the Musical'

Head to the Amelia Earhart Playhouse to enjoy "Nutcracker, the Musical" Dec. 7-9, 14-16 or 21-23. Show times are Friday and Saturday at 7:30 p.m.; Sundays at 2 p.m. Call civ (0611) 816-2473 for reservations.

Clay Christmas Market

A Christmas Market will be held outside the gates of Clay Kaserne (between the South Gate and the Domaene) Dec. 22-23 from 4-9 p.m. More than 35 booths will be featured offering Christmas gifts, food,

refreshments and cheer. Family Readiness Groups and private organizations wanting to get involved should call civ (0611) 4080 466.

'I Saw Three Ships'

The Choir of the Konrad-Duden-Schule and several other choirs invite everyone to a concert of holiday music at the Burgerhaus Kaisersaal, Konig-Adolf-Str. 6 in Wiesbaden-Sonnenberg Dec. 21 and 22 at 7 p.m. Tickets are €8 and €4.

Vocalis to perform

The Frankfurt-based vocal group Vocalis, led by Robin Doveton, performs an advent

concert Dec. 9 at 6 p.m. at the St. Josef Church in Frankfurt-Eschersheim. Tickets are €10 and €8.

Hofheim happenings

The town of Hofheim, between Wiesbaden and Frankfurt, offers a range of special event during the holidays. Enjoy ice skating at the Keller-eisplatz daily through Jan. 6. Cost is €3 for children and €3.50 for adults. Hofheim holds its Christmas market in the Hauptstrasse Dec. 8 and 9 featuring concerts and more.

Christmas Market Tour

The city of Wiesbaden of-

fers English-language tours of the Wiesbaden Christmas Market on Sundays at 4 p.m. through Dec. 23. Meeting point is at the front entrance of the Markt Kirche (large, red Market Church near City Hall). Cost is €6.50 per person and tour lasts about an hour. Pick up tickets at the Tourist Information Office at Marktplatz 1 or from the guide before the tour starts.

Fort Biehler Christmas

The Friends of Erbenheim Watchtower and Kastel Local History Society feature a Sounds of Christmas at the

Watchtower event with carols, hot-spiced wine and bratwurst at the medieval watchtower in the Fort Biehler settlement between Clay Kaserne and Mainz-Kastel. It will be held Dec. 9 at 4:30 p.m.

Movie music

The Musikervereinigung Dietzenbach e.V. presents a concert showcasing highlights from the history of cinema Dec. 9 at 4 p.m. at the Bürgerhaus Dietzenbach. Admission is €10 for adults and €5 for youths. Visit www.mvdietzenbach.de for more information about the event.

Helping Soldiers maintain a healthy weight through nutrition

By Chanel S. Weaver
U.S. Army Public Health
Command

It is widely known and reported that the prevalence of obesity in the American population has been increasing over the past few years.

But the Army is different, right? Soldiers are entrusted with fighting America's wars, so they are in the best physical condition, right?

Wrong.

The 2008 DOD Survey of Health-Related Behaviors reports that 13 percent of the Army is currently obese according to body mass index classifications. That number is up from only 2 percent in 1995. Although, the rate of obesity in the Army is lower than the general population, the upward trend in obesity rates closely mirrors the general population.

Additionally, a 2011 Army public health assessment indicates that excess body fat in the Army is associated with injury and decreased performance, which can lead to problems maintaining unit readiness.

One in six Soldiers (16.4 percent) reports difficulty in meeting the Army weight and body fat standards.

Even those Soldiers who are actually fit enough to deploy can face challenges in maintaining a healthy weight while serving in the deployed environment.

A study by the U.S. Army Research Institute of Environmental Medicine and the U.S. Army Public Health Command notes that during a deployment, diverse mission requirements may prevent Soldiers from developing consistent exercise practices or participating in

sports activities.

"Literature suggests that fitness decreases and fat mass increases during deployments," said Dr. Theresa Jackson, a public health scientist at the U.S. Army Public Health Command.

Obesity can lead to serious health problems if left unchecked.

"In addition to heart disease, obesity can lead to breathing problems, arthritis, cancer, diabetes and ultimately, premature death," said Jackson.

One platform available to help Soldiers lose weight is the USAPHC-initiated Army Wellness Center, a program that is being stood up at 38 locations across the Army in the next five years. These centers serve as community resources, providing Soldiers with lifestyle tools to improve their health and well-being.

Among their standard services, these centers offer a variety of options to help Soldiers maintain healthy weight including metabolic testing, basic weight management and nutrition education.

During a health assessment at an AWC, metabolic testing is conducted to determine an individual's base metabolic rate. This rate indicates how many calories the individual burns at rest. If the person desires weight loss or nutrition counseling, the AWC will provide basic guidance or a referral to a registered dietitian for individualized nutrition counseling.

"This package includes basic weight management tips,



body composition review and encouragement of ... behavior changes," said Todd Hoover, program manager for the Army Wellness Centers Operations Program at the USAPHC.

The Army also recently unveiled the Soldier Fueling Initiative, spearheaded by Initial Military Training Center of Excellence and the Joint Culinary Center of Excellence and supported by the USAPHC. Mandated in February 2011, this initiative targets Army personnel who are attending basic combat training and advanced individual training at 10 sites in the continental United States.

The program uses color-coded labeling at these training sites to indicate the health benefit of foods and beverages. Items labeled red have low nutritional value, items that are labeled amber provide moderate nutritional content, and foods labeled with a green tag are the best options for consuming foods high in nutritional content.

"The goal is to create an environment where healthy behaviors can take place," said Jackson.

Lt. Col. Sonya Cable, pro-

gram manager for the SFI, said the program gives Soldiers the fuel they need to perform their duties as Soldiers.

"Initial Military Training's Soldier Fueling Initiative, a community effort, sets a training table for our new Soldier athletes while educating them on the proper fuel to achieve their specific performance goals,"

said Cable.

The SFI is receiving positive feedback, according to Jackson, who helps evaluate and assess the effectiveness of such health promotion and public health programs for the Army.

"Even the dining facility workers who prepare the foods said by learning to prepare food in a healthier fashion, they are taking home these practices to their own families," said Jackson. "It's not one individual program component, but a combination of factors that make this initiative effective."

Maintaining a healthy weight and eating balanced diet is no easy task, but a proper mixture of fuels is important for health and performance. Research shows that a balanced diet includes complex carbohydrates, lean protein and a moderate consumption of fat.

"This can be easily done by consuming a variety of foods from all five food groups (dairy, fruit, vegetable, protein and grains) as close to the natural form as possible," said Lt. Col. Sandra Keelin, a registered dietitian at the USAPHC.

Keelin also said timing of

meals and hydration is just as important as what you eat. Eating small, frequent meals is preferred to skipping meals or consuming large meals.

With the busy schedules and multiple demands placed on Soldiers, cooking a healthy meal at home is often time-consuming. But even if fast food is a Soldier's only option, Keelin said there are healthy choices that can be made.

"Most fast food restaurants have a nutrition analysis of their menu that can be found online or on-site," said Keelin. "Reviewing this information prior to making a selection can help guide healthier, low-calorie choices. Choose low-fat options such as baked potatoes, baked fries, fruit or a side salad. One can also choose water, low-fat milk or small juices as a healthier option over soda," she said. As much of a bargain as it sounds, Keelin said Soldiers should avoid supersizing value meals as this generally results in overeating.

While eating a balanced diet is important for Soldiers, another key to maintaining an optimal weight is engaging in regular physical activity.

"Consuming lower-fat and lower-calorie diets coupled with increased physical activity is the most effective tool to curb obesity," said Jackson.

For more information on maintaining a healthy weight, visit: <http://phc.amedd.army.mil/topics/healthyliving/n/Pages/default.aspx>; www.surgeon-general.gov/topics/obesity; <http://hprc-online.org>; www.ChooseMyPlate.gov; or www.hooah4health.com.

Vienna

Continued from page 16
cakes and strudel.

In terms of museum, visitors with limited time have some tough choices to make. From the Liechtenstein Museum with its Baroque painting collection, to the Art History Museum, or the Museum of Natural History housing one of the biggest collections of butterflies. For something a little less serious, visit Madame Tussaud's wax figure museum with its collection of famous personages, each wax figure costing over a quarter million dollars to create.

Music has been an important part of Vienna lifestyle, as evidenced by the lives of Mozart and

Beethoven. The centuries-old classical music once played in private salons, palaces and public halls still fills the air of the city, adding to the sense of elegance in this gallant capitol. The holiday season offers a windfall of opportunities for musical interests with many churches opening their doors with free concerts, or dinner and concert packages at such spectacular venues as Schonbrunn Palace.

We opted for a concert at the Imperial Hall with the Vienna Royal Philharmonic playing the classic music of Mozart, Strauss and Beethoven. With Baroque period music being so popular throughout the city, this kind concert experience is a part of the fabric of

Vienna. Hearing the clear vibrations of violin strings and seeing the sincerity of the musician's faces, lends to a quality lacking in much of today's pop-culture music. And one might remember the story of a 6-year-old prodigy Mozart playing in the private salon of the Empress Maria Theresa at Schonbrunn Palace who, after seeing the delight on the empress' face, jumped onto her lap and kissed her cheek.

Visiting Vienna is not an expensive destination, and it is certainly worth cultural exploration. It could be the best way to feel like aristocracy in the Age of European Imperialism, and a fun place to put on your walking shoes and investigate the fine art of UNESCO.

A holiday tree lighting extravaganza

First tree lighting at the Wiesbaden Fitness Center well attended



By Wendy Brown
U.S. Army Garrison Wiesbaden
Public Affairs Office

As the person in charge of the switch that would turn on the U.S. Army Garrison Wiesbaden holiday tree of 2012, Joe Harris had his work cut out for him.

Well before the appointed time for the tree lighting, children started lining up to pull on the rope that would turn the switch on. Lighting the Serbian Pine was the job of children this year, and they were eager to take it on. Harris' job, however, was to keep them from pulling it too soon.

At one point, Harris was in a tug-of-war with a long line of children to keep the switch from turning on the lights too soon. "Whoa! Whoa!" he called out, pulling back the rope with all his might. "We still have a few moments to go!"

Shortly thereafter, not only had Santa Claus arrived, but the appointed time for the holiday tree lighting. Harris gave the word and the children pulled on the rope and

turned on the tree lights. The crowd clapped and oohed at the white lights on the tree.

Timothy Davison, 8, who had the honor of being the first at the line of rope pullers, said it felt good to celebrate Christmas by helping to light the tree.

Harris, chief of community special events at U. S. Army Garrison Wiesbaden's Family, Morale, Welfare and Recreation, said an estimated 1,600 people attended the Nov. 30 event, which took place at the Wiesbaden Fitness Center.

The event included German and American children singing holiday songs, a visit from Santa Claus so children could sit on his lap, food, a bouncy castle and dancing presentations from the SKIES Unlimited dance classes. The Wiesbaden Middle School band played as well.

This was the first year the garrison has held the event at the Wiesbaden Fitness Center, and it was such a success that the garrison will hold it at the center from now on, said Dr. Robert Schloesser, USAG Wiesbaden's director of FMWR.

"I'm so pleased with the turn out," Schloesser said. Col. David Carstens, garrison commander, said the

tree lighting was fantastic and the great amount of community support for the event impressed him. Employees from both FMWR and the Directorate of Public Works did a great job to make the event a success, he said.

"I'm raising the victory flag on this one," Carstens said.

The only way the tree lighting could have been better was if all the garrison's deployed Soldiers were home to be there with their families, Carstens said.

Family members were equally enthusiastic about the event. "I think it's absolutely fabulous," said Karen Gueye, who attended with her two children. "...They always to a great job.

Gueye said she thought having the children pulling the rope to light the lights was the best idea.

Bennie Gueye, 5, who sat on Santa's lap to tell him what he wanted for Christmas, compared the way he felt at the event to how excited he gets when it snows out. "Yay!" he said.

Gueye said he wanted slime for Christmas. "Slime. Lots of slime," he said.

"Everything he asks for is slime related," explained his mother, Karen Gueye.



Photo by Wendy Brown

Timothy Davison, 8, stands at the front of a line of U.S. Army Garrison Wiesbaden children holding a rope attached to the switch that turned on the lights to this year's holiday tree at the Wiesbaden Fitness Center Nov. 30. Clockwise from right: Bennie Gueye, 5, sits on Santa Claus' lap in the fitness center. Members of a SKIES Unlimited jazz dance class perform. A miniature train heads down the tracks. Members of the SKIES Unlimited ballet class dressed as angels perform during the event. German children from the Johannes Maass Schule in Wiesbaden perform popular German Christmas songs. Joe Harris, chief of community special events at the garrison's Family, Morale, Welfare and Recreation Directorate, gears up to tell the children they are allowed to pull on the rope and light the tree. The lit-up holiday tree shines amidst a large crowd.



Photo by Wendy Brown



Photo by Wendy Brown



Photo by Karl Weisel



Photo by Wendy Brown



Photo by Wendy Brown



Photo by Wendy Brown



Photo by Wendy Brown



Skilled archer Merida, daughter of King Fergus and Queen Elinor, is faced with a host of challenges while determined to make her own way in life in "Brave."

At the movies Dec. 6-20

Wiesbaden, Taunus Theater

Dec. 6 — Trouble With The Curve (PG-13) 7 p.m.
Dec. 7 — Premium Rush (PG-13) 7 p.m. Killing Them Softly (R) 9:30 p.m.
Dec. 8 — Brave (PG) 4 p.m. Killing Them Softly (R) 7 p.m.
Dec. 9 — Brave (PG) 4 p.m. Killing Them Softly (R) 7 p.m.
Dec. 10 — Killing Them Softly (R) 7 p.m.
Dec. 11 — The Possession (PG-13) 7 p.m.
Dec. 12 — Premium Rush (PG-13) 7 p.m.

Dec. 13 — The Possession (PG-13) 7 p.m.
Dec. 14 — Playing For Keeps (PG-13) 7 p.m. Trouble With The Curve (PG-13) 9:30 p.m.
Dec. 15 — Won't Back Down (PG) 4 p.m. Playing For Keeps (PG-13) 7 p.m.
Dec. 16 — Title (PG-13) 4 p.m. Playing For Keeps (PG-13) 7 p.m.
Dec. 17 — Playing For Keeps (PG-13) 7 p.m.
Dec. 18 — Hit And Run (R) 7 p.m.
Dec. 19 — The Possession (PG-13) 7 p.m.
Dec. 20 — Premium Rush (PG-13) 7 p.m.



Gerald Butler is a former soccer star who returns home to put his life back together and coach his son's soccer team in "Playing For Keeps." Photo right: Joseph Gordon-Levitt, a New York bicycle messenger, finds himself in a life-and-death chase in "Premium Rush."

Movie plots

Premium Rush (PG-13) — Dodging speeding cars, crazed cabbies open doors, and 8 million cranky pedestrians is all in a day's work for Wilee (Joseph Gordon-Levitt), the best of New York's bicycle messengers. It takes a special breed to ride the fixie — super lightweight, single-gear bikes with no brakes. But a guy who's used to putting his life on the line is about to get more than even he is used to when his last envelope of the day — a routine "premium rush" run — turns into a life or death chase through the streets of Manhattan.

Brave (PG) — Merida is a skilled archer and impetuous daughter of King Fergus and Queen Elinor. Determined to carve her own path in life, Merida defies an age-old custom sacred to the uproarious lords of the land: massive Lord MacGuffin, surly Lord Macintosh and cantankerous Lord Dingwall. Merida's actions inadvertently unleash chaos and fury in the kingdom, and when she turns to an eccentric old witch for help, she is granted an ill-fated wish. The ensuing peril forces Merida to discover the meaning of true bravery in order to undo a beastly curse before it's too late. Starring the voices of Emma Thompson, Kelly MacDonald and Robbie Coltrane.

Killing Them Softly (R) — Three dumb guys who think they're smart rob a mob-protected card game, causing the local criminal economy to collapse. Brad Pitt plays the enforcer hired to track them down and restore order. Also stars Ray Liotta, James Gandolfini and Sam Shepard.

Playing For Keeps (PG-13) — Gerard Butler, Jessica Biel, Uma Thurman, Catherine Zeta-Jones and Dennis Quaid star in this romantic comedy about a charming, down-on-his luck former soccer star (Butler) who returns home to put his life back together. Looking for a way to rebuild his relationship with his son, he gets roped into coaching the boy's soccer team. But his attempts to finally become an "adult" are met with hilarious challenges from the attractive "soccer moms" who pursue him at every turn.

Trouble with the Curve (PG-13) — An aging baseball scout with failing sight hits the road with his estranged daughter to pursue a promising young ballplayer, and they learn just how much they have in common as they make their way from Georgia to North Carolina in this sports drama. Clint Eastwood and Amy Adams star.

Hit And Run (R) — This is the story of Charlie Bronson (Dax Shepard), a former getaway driver who busts out of the Witness Protection Program to drive his girlfriend (Kristen Bell) to Los Angeles so she can land her dream job. Their road trip grows awkwardly complicated when they are chased by the feds (led by Tom Arnold) and Charlie's former gang of criminals (led by Bradley Cooper).

Hall of Game.

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Start the season off right!

See our useful tips on Christmas markets to get the most out of this season's highlights!

Find it all on

 **military**
IN GERMANY



militaryingermany.com

A NEW website from AdvantiPro, publisher of your Kaiserslautern American newspaper & The Find-It Guide

Anti- Bullying Public Service Announcements

LEFT: Last week at Wiesbaden High school, students worked with their principal, teachers and special guests, USAG Wiesbaden Commander, Col Carstens and Command Sergeant Major, Csm Mustafa to produce several Anti-Bullying Public Service Announcements.

BELOW: Students with Col Carstens, Csm Mustafa and Principal Sharon O' Donnell.



Photo by Peter Witmer



Photo by Peter Witmer



Photo by Peter Witmer

ABOVE: John Arnold on the microphone and Dennis Ringgold behind the camera.

Youth Activities

Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!



Photo by Peter Witmer

ABOVE: Javon Suddet is having fun painting.

ART EDGE Program



Photo by Peter Witmer

LEFT: Michael James is concentrating on his art project.

BELOW: Students enjoy learning to paint in Wiesbaden's ART EDGE program. Left to Right is Nicol Hart, Lilyan Leeman, and Adejia Gray.



Photo by Peter Witmer



Photo by Wendy Brown

Dance Class Performance

LEFT: Members of a SKIES Unlimited ballet class perform during the holiday tree lighting event at the Wiesbaden Fitness Center Nov. 30.

BELOW: Members of the Aukamm Elementary School music club perform during a chili cook off event at the school Nov. 29.



Photo by Wendy Brown



Photo by Wendy Brown

ABOVE: Members of a SKIES Unlimited jazz dance class perform during the holiday tree lighting event at the Wiesbaden Fitness Center Nov. 30.



Photo by Karl Weisel

ABOVE: Members of the Wiesbaden High School choir sing during the holiday tree lighting event at the Wiesbaden Fitness Center Nov. 30.

BELOW: Children play carnival games during the event at the Wiesbaden Fitness Center Nov. 30.



Photo by Wendy Brown

Holiday Tree Lighting



Photo by Wendy Brown

ABOVE: Members of a SKIES Unlimited dance class perform on Nov. 30.

BELOW: Members of the Aukamm Elementary School and Hainerberg Elementary School music clubs take a short pause during their performance at the holiday tree lighting event Nov. 30.



Photo by Karl Weisel

Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!

Youth Activities

Glühwein - the drink of the season



Story and photo by
Nicole Karsch-Meibom
Contributing writer

In a few plain words, Glühwein is a mulled wine combined with spices and typically served warm.

And those who have tried it know how to enjoy it: outside with friends on a wintry evening, when the air is crisp, daylight has gone early and a scent of cinnamon and cloves fills the air.

When the drink's sweet heat saturates your body, you know that Christmas is right around the corner.

Once the winter season has arrived, many people flock to the nearest Christmas market to enjoy a glass of Glühwein. But if you prefer to drink this treat at home, check out these recipes.

The simple and original version is quick and easy: Mix $\frac{3}{4}$ liter red wine and $\frac{1}{4}$ liter water, three cloves, two cinnamon sticks, and two pieces of star anise in a pot and heat it up slowly without letting it boil. Cut one lemon and $\frac{1}{2}$ orange into slices and add them to the mix. Leave the heat on for one hour, then remove the fruits and spices and season it with sugar to taste.

This recipe can be adjusted to personal taste. Some people add one liter of water and one liter of red wine with $\frac{1}{4}$ liter brandy, two angostura bitters and one spoonful of cardamom, instead of star anise and lemon.

You can also purchase the pre-mixed Glühwein and add a bit of rum and Amaretto, seven cloves, two sticks of cinnamon and slices of orange.

Another option is to combine one liter of dry white wine with the contents of a vanilla stick, 50 grams of dried cranberries or sour cherries and four spoonfuls of maple sirup.

For "Kinder Glühwein," or children's Glühwein, there are also many versions: Mix 1.5 liter fruit tea (e.g. cherry tea) with $\frac{3}{4}$ liter grape juice, then add two cloves, a bit of cinnamon, two spoonfuls of lemon juice and sugar.

If cooking isn't your cup of Glühwein, there is always help around the corner. Most supermarkets will offer bottles of Glühwein with or without alcohol (often called "Kinderpunsch") or "Glühfix," an infusion bag with a mixture of spices. Just heat the wine or juice, add the bag and leave it for a moment until the taste is right.

Finally, don't forget to drink it outside; there is nothing like a warm cup of Glühwein when it's freezing cold outside.

IT'S HERE!



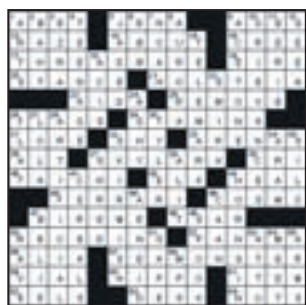
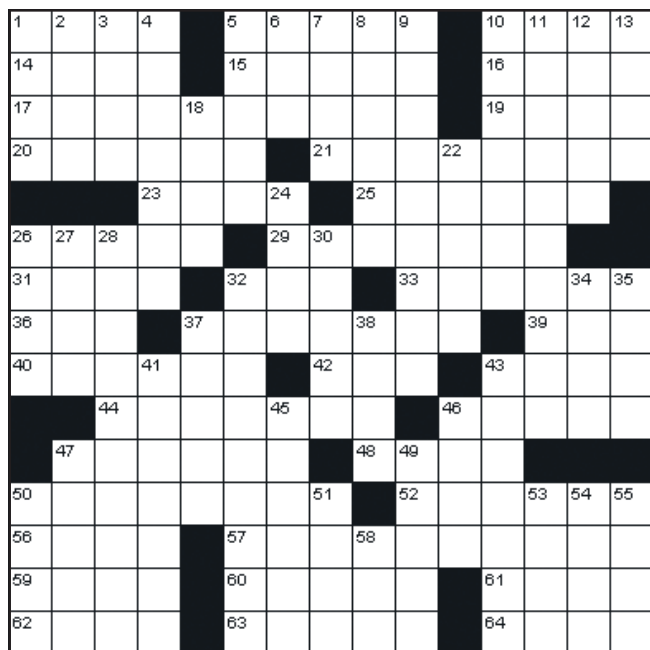
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This is the solution
to the crossword
puzzle from
November 22!

Courtesy of thinks.com

ACROSS

1. Rouse
5. Russian painter and stage designer
10. "Moby-Dick" captain
14. Mosque official
15. "Have ___ day!"
16. Parched
17. Tropical American wader
19. Blackthorn fruit
20. Deliver a sermon
21. Student of language
23. Creep through the cracks
25. Threaten
26. Karpov's game
29. Greenish cheese
31. Actress Schneider
32. Australian state: Abbr.
33. Intensify
36. Japanese band?
37. Takes turns
39. Coffee alternative
40. Mollycoddle
42. Seafood delicacy
43. Honeycomb compartment

44. Not so dense

46. Schoolyard challenges
47. Planting site
48. Oscar-winner Patricia
50. Calamity Jane
52. Actress Milano
56. Drops from above
57. Unauthenticated
59. Take down ___
60. Ethical
61. Auctioneer's call
62. Porgy's love
63. Foe
64. Conductor Klemperer

DOWN

1. Thin strand
2. Asian border river
3. Welles role
4. Diplomat's residence
5. Soak in the tub
6. Industrious insect
7. German port
8. Penny-pinch
9. Volunteer State
10. Relieve
11. Whirlybird

12. Came up
13. Borscht base
18. Cold refreshments
22. Pesky fliers
24. Attention-getting whisper
26. Gator's kin
27. King of the road
28. Go-betweens
30. Apprised
32. Paris tourist attraction
34. River to the Ubangi
35. Buddies
37. Peruses
38. Ripped
41. Water sources
43. Trinidad music
45. Fasten with a pop
46. Actress Tyne
47. Freak out
49. Ahead of schedule
50. Visually dull
51. Days of old
53. Filmed
54. Common condiment
55. Ray of Hollywood
58. Engine part

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“Who’s nibbling at my house?”

by **Nicole Karsch-Meibom**
Contributing writer

“Knusper, knusper, Knäuschen, wer knuspert an meinem Häuschen?”

The Grimm brothers wrote down the famous fairytale of “Hansel and Gretel” at the beginning of the 19th century. Two impoverished siblings lost in the woods came to a witch’s house. Upon discovering that it was made of gingerbread and sweets, they started eating it. Then, the witch asked her famous question: “Who’s nibbling at my house?”

Fortunately, the baking of gingerbread is

less dangerous today. In fact, it has become a dear tradition to make the witch’s house with its tempting ornaments of chocolate and other sweets together with the children of the house.

Baking gingerbread is a time consuming affair; however, so many supermarkets offer quick solutions with pre-baked, pre-cut walls that leave more time for the actual decorating. All you need to do is put the basic frame structure together and watch the children have a ball adding their favorite candies.

However, if you have the time, here’s one recipe for homemade gingerbread:

* Before baking, coat the gingerbread with some milk. Bake the gingerbread for 15 to 20 minutes at 180 C (356 F). Once your pastry is ready and has cooled down, cut out the forms needed. If you apply sugar coating on the baked gingerbread, the pastry will stay fresh much longer. To mix the sugar coating, stir the powdered sugar into the lemon juice and avoid lumps.

* Your icing is necessary for gluing parts together, as well as for pretty ornaments on the walls. Whisk the egg white with a electric mixer until it’s stiff then carefully stir in the powdered sugar. Make sure, the mixture is not

too liquid nor too stiff. Apply it carefully, hold pieces together for a moment, then give it some time to dry. Once the house is solidly set up, use the icing to decorate the walls with sweets. An icing bag helps to place the glue more precisely and for creating ornaments.

Whatever your Lebkuchenhaus might look like in the end, it’s a fun thing to do with the children and there’s no waste, because it’s completely edible. So, join in the tradition and enjoy this special Christmas fun.

Instructions

* Mix margarine, sugar, salt, water and honey in a pot. While stirring, heat it up until all the sugar has melted. Then, let it cool down a bit. Add flower, baking soda, cocoa powder and gingerbread spice. Knead the dough properly, wrap in plastic wrap and leave it overnight.

* Meanwhile, cut forms of the walls and roof for your house in paperboard if you need a pattern.

Lebkuchenhaus!

Ingredients

For the dough:

- 500 grams honey
- 200 grams sugar
- 200 grams margarine
- 1 to 2 teaspoons salt
- 4 tablespoons water
- 1 kilogram flower
- 40 grams cocoa powder
- 1 package of gingerbread spice
- (“Lebkuchengewürz,” available in supermarkets)
- 1/2 package of baking soda
- Milk

For the sugar coating

- Juice of one lemon
- 250 grams powdered sugar

For the icing:

- 3 egg whites
- 500 grams powdered sugar

If you want to read
“Hansel and Gretel” to your
children, find it online at

[www.pitt.edu/~dash/
grimm015.html](http://www.pitt.edu/~dash/grimm015.html).



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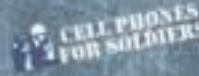
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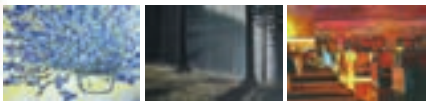
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ANNOUNCEMENTS

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Facebook Group: Children with Diabetes Type I- Ramstein Germany. Parent run. Meet other families, start playgroups and join a support group. yunuenzimmerer@gmail.com

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Natural Fox fur Vest, looks very rich, feels very warm! Paid over \$400, can't wear it due to PCs to Hawaii, won't need it there. pics available, 017670336001

New Golfballs Crane Sport 5 Titanium \$10.00 017684658955 / spvondor@gmail.com

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A 44 year old black male seeks the company of a respectable, honest, outgoing and sincere lady. She should be similar to me; down to earth, enjoy various activities, exercise, likes to travel, like sports, like music and enjoy life. It is okay to want to stay home sometimes and relax. It is important that she is trustworthy, communicates well and don't play games. Serious inquiries only with photo to myemailtotalk.g@gmail.com - Andrew

Attractive 35yrs single black lady is seeking to find a happy relationship. bahaulinelinda@yahoo.com

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Over 160 BMW/MINI Stock/Demo cars are included in our promotion, as well as cars from our range of Premium Pre-Owned vehicles. Most of the special program models will be on display at our various PCS sales facilities in Germany and Italy.

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Prices have been drastically reduced, giving you an opportunity to save several thousand dollars under USMSRP. The extra savings can be calculated by adding together the combined value of the colored dots displayed in each vehicle windshield (see below).

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Any promotion car bought and paid in full between **Friday, November 23 – Friday, January 18** will generate a lottery entry ticket. Our lottery will take place at 15:00 on Saturday January 19th at our Ramstein showroom, where the names of the **5 lucky winners of \$3,000** will be drawn.*



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*Lottery participants need not be present at the Lottery Prize Draw on Sat. January 19th. Organizer of these sweepstakes is the company Pentagon Car Sales GmbH. Those entitled to participate are all members of the US Armed Forces stationed in Europe, who are permitted to register motor vehicles conforming to US specs and free of V.A.T. under the terms of the NATO SOFA Agreement at a recognized registration point for US military members in Germany or Italy. Persons entitled to participate who purchase a "Buy-Save-Win" vehicle, participate in the lottery for five cash prizes of \$3,000 each. The winner will be determined by drawing. Closing date: Fri. January 18th, 2013. A list of "Buy-Save-Win" vehicles as well as Terms & Condition for participation are available in every salesroom of the organizer and also on the internet page: www.pentagoncarsales.com/buy-save-win.